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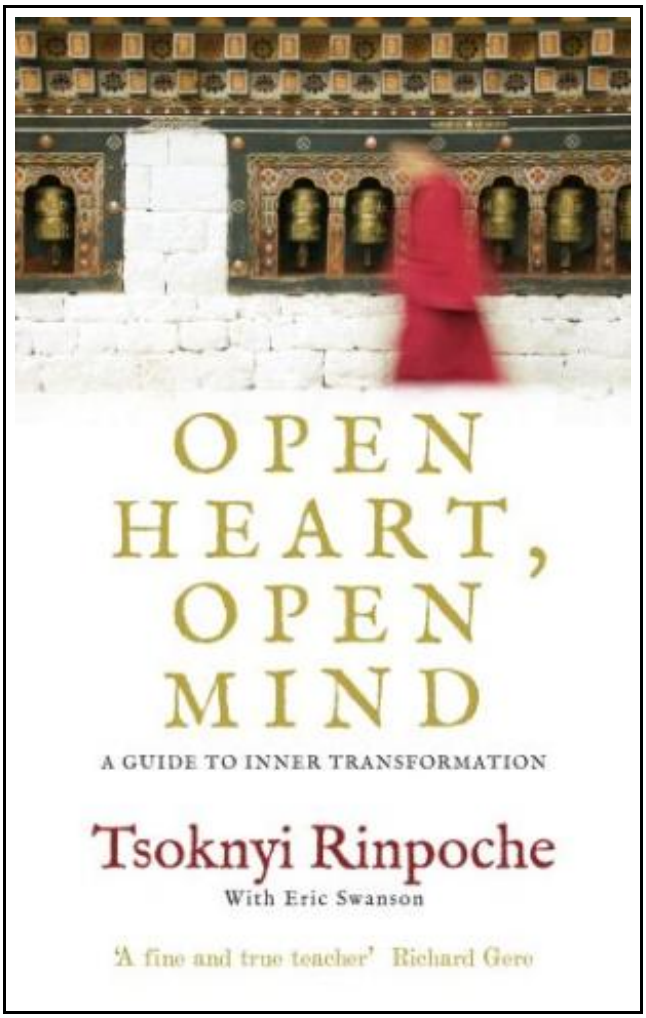

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OPEN HEART, OPEN MIND: A GUIDE TO INNER TRANSFORMATION

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Ebury Publishing. Paperback. Book Condition: new. BRAND NEW, Open Heart, Open Mind: A Guide to Inner Transformation, Tsoknyi Rinpoche, 'Rinpoche is a powerful and eloquent link between the great yogi practitioners of old Tibet and our bewildering 21st century' - from the Foreword by Richard Gere Tsoknyi Rinpoche's story is an unusual one: as a rebellious young man, he fled a monastery to marry and raise a family, then returned to Nepal and has since become a preeminent Tibetan Buddhist teacher. As a married man raising two daughters, Tsoknyi Rinpoche has interesting views on how to balance a life dedicated to Buddhist practice with the demands of a husband and father. In addition, he has a keen interest in the ongoing dialogue between Eastern philosophy and Western research, especially in neuroscience. His writing reflects this awareness of the Western psyche while also imparting the earliest tenets of Buddhism. OPEN HEART, OPEN MIND offers Rinpoche's extraordinary history as an example of how to lead a compassionate life, regardless of status, tradition or circumstances. Accessible and relevant to every variety of reader, this is an illuminating guide from a man who truly is a bridge between ancient wisdom and the modern mind.

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